

**Report on: Residential abhyasi Training program 11th Viveka to 18th Viveka 150 LE (25th Dec 2022 to 1st Jan 2023) at MOKILA village.**

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My humble pranams.

నన్ను ఈ training program కు అనుమతించి నందుకు **IMPERIENCE** వారికి వినయపూర్వక కృతజ్ఞతలు.

Training program కు వచ్చే ముందు కొంత భయం గాను, చాలా అలజడిగాను వుంది. Training program venue mokila village కు వచ్చిన తరువాత కొంత భయం తగ్గినది. Mokila village Training program venue వాతావరణం చాలా ఆహ్లాదంగా , peaceful గాను వుంది. ఈ place లో వున్నంత సమయం హృదయంలో ఒక విధమైన తేలిక తనము ఏర్పడుతుంది . మొదటి రోజు worldly thoughts తో మనస్సు ఎక్కువ అలజడిగా వుంది.

రెండవ రోజు నుండి ఆలోచనల density తగ్గుతూ వచ్చినది. రోజూ వారి కార్యాక్రమం లో మనస్సు తేలికగా ఉండేది. మాస్టర్ యొక్క ఆలోచన స్థిరపడుతూ వచ్చినది.

Dr మాధవ గారు ఈ training program వారము రోజులూ, విరామ సమయం లో ఈ విషయములపై clarifications ఇచ్చినారు.

1. Universal love

2. Devotion

3. Constant remembrance.

4. Prayer

5. Surrender

6. Pre-preparation for meditation.

7. Illusions

8. Real-unreal

9. Mind imagination world

- spiritual life మరియు worldly life రెండూ balanced గా ఉండాలని
- అవిద్య నుండి బయట పడాలని , నేను వేరు భగవంతుడు వేరు అనుకోవడమే అవిద్య అని, దాని నుండి బయట పడడానికి సాధన చేయాలనీ
- Invisible vibrations of god present in everything. అందువలన అందరూ భగవంతుని రూపాలే అని దృష్టిలో ఉంచుకోవాలని
- సత్య గుణం, రజో గుణం మరియు తమో గుణము ల యొక్క ప్రభావాల గురుంచి తెలిపినారు.

## ముఖ్యంగా ఈ వారం రోజుల training program ద్వారా నాకు కలిగిన అనుభవాలు మరియు ఆలోచనలు.

వారము రోజుల పాటు routine worldly life కు దూరం గా చాల మంచి వాతావరణం లో , స్నేహపూర్వక మైన తోటి అభ్యాసి సోదరుల తో ఆహ్లాదకరం గా సమయం గడిచింది.

రోజూ mind చాలా peaceful గా, calm గా వుంది.

రోజూ **Master** పై gratitude తో ఉండ గలిగేను.

రోజూ food తీసు కొనేటప్పుడు **Master** గారి ఆలోచన లో ఉండ గలిగేను.

రోజూ సత్సంగ్ తరువాత తేలికగా ఉండేది.

సాధన లో శ్రద్ధ పెంచుకోవాలని strong గా అనిపించింది.

ముఖ్యంగా ఈ వాతావరణం లో అందరు అభ్యాసీలు **Master** గారిని హృదయంలో నిలుపుకొని వున్నారు, అందువలన నేను చాలా happy గా contentment తో అందరితో కలసి వున్నాను. నేను ఇదే attitude బయటకు వెళ్లిన తరువాత కూడా maintain చేయాలనీ చాలా strong గా అనిపించింది. అలానే ఇక్కడ అలవడిన togetherness,fraternity attitude ను ఇంకా బాగా అభివృద్ధి చేసుకోవాలని strong గా అనిపించింది.

ఈ training program లో అలవడిన simplicity , నా పైనా **Master** గారి పైనా పెరిగిన confidence ను స్థిరం గా నిలుపుకోవాలని strong గా అనిపించింది.

అలానే to live in the thought of the Master అనే commitment ను develop చేసుకోవాలని strong గా అనిపించింది.

విశాఖపట్నం కు వెళ్లిన తరువాత నాకు కలిగిన అనుభవాలను అక్కడి సోదర అభ్యాసీల తో పంచుకోవాలని అనిపించింది.

**Master** గారి పై ఇంకా ఎక్కువ భక్తి కలిగి ఉండాలి, భక్తి పెంచుకోవాలి అని చాలా strong గా అనిపించింది. అలాగే **Master** పై gratitude మరింత ఎక్కువ ఉండాలి అని హృదయపూర్వకం గా అనిపించింది.

ఈ training programm ద్వారా పొందిన balanced state ను, gratitude ను మరియు constant remembrance ను నిలుపుకోవాలని చాలా strong గా అనిపించింది.

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### **Satsang experiences**

DAY1: 25/12/22 Sunday

Puja: 4.45am to 5.45am

Thoughts about puja were vented out for some time. Felt calmness and absorbed for some time.

Satsang: 8.00am to 9.00am

Thoughts about Satsang were vented out. some part of time awareness runs after external noises. Some part of the time felt absorption.

Satsang: 12.00 noon to 12.45 pm

The surroundings were quiet and calm. Felt that time run away very quickly in the Satsang. One thought flashed out that BABUJI MAHARAJ is the SUN to us for the spiritual path.

Satsang: 6.15pm to 7.15pm

Felt calmness and absorption for some time. Some thoughts about satsang were vented out.

DAY2: 26/12/22 Monday

Puja: 4.35am to 5.50 am

The surroundings were very quiet and calm. Felt that time runs away very quickly. Some thoughts about body moments and some about the Master's saying were vented out in the puja.

Satsang: 6.20 am to 7.20am

The surroundings were very quiet and calm. Some part of time felt absorption. Awareness runs after thoughts about food for some time. Last some part of time felt that separated from divine thought.

Satsang: 12.00 noon to 12.30 pm

Continuously thoughts about sadhana were rushed out and felt that separated from divine. Felt some dark object obstructing to receive the flow of the Master's grace. Last few minutes got a thought about worldly matter. After satsang blankness continued for some time after that felt lightness.

Satsang: 6.30 pm to 7.30 pm

Felt calmness and absorbed. Felt the flow of the Master's grace entering in subtler consciousness, but suddenly heavy cough disturbed the absorption. After that some awareness runs after body disturbances and also on the flow of the Master's grace throughout the satsang. After satsang felt lightness.

DAY3: 27/12/22 Tuesday

Puja not attended as in the night no sleep at all. Lot of dreams were dreamed out.

Satsang: 6.30 am to 7.30am

The surroundings were very quiet and calm. Some thoughts about divinity were vented out. Felt forgiveness as awareness shifted to worldly thoughts from divinity for some time. After that some time felt calmness. After satsang felt that time runs away very quickly and felt lightness.

Satsang: 12.00 noon to 1.00 pm

Continuously thoughts about satsang were rushed out. Few minutes trainers face appeared in multiple numbers (so many faces at the same time). Felt forgiveness in the satsang as awareness shifted to worldly thoughts from divinity for some time. But after satsang felt lightness.

Satsang: 6.30 pm to 7.30 pm

The surroundings were very quiet and calm. Continuously thoughts about divinity and some about body disturbances were rushed out. But few minutes felt expansion of consciousness in the chest area. After satsang felt freshness.

Day4: 23/12/22 Wednesday

Puja: 5.30am to 6.10am

Awareness is not on the Divinity. It runs after external noises and thoughts about puja. Felt forgiveness.

Satsang: 6.30 am to 7.30am

The surroundings were very quiet and calm. Felt that the flow of the Master's grace, throughout the satsang. Some thoughts about divinity were rushed out. Last some few minutes diverted from divine thought and felt some dark object obstructing the flow of the Master's grace. After satsang blankness continued for a few minutes then felt lightness.

Satsang: 12.00 noon to 12.35 p.m

Felt calmness and absorbed. Some thoughts on the Master were rushed out. After satsang felt freshness.

Satsang: 6.30 pm to 7.30 pm

Continuously thoughts about divinity centered in the heart were rushed out. Suddenly some freedom fighters were appeared for a few seconds. Last few minutes felt lightness in the heart. After satsang lightness continued.

Day 5: 29/12/22 Thursday

Puja: 4.40 am to 6.00 am

Most of the time awareness runs after the external noises. Last some part of the time felt expansion of consciousness in the chest area and blissfulness in the heart. After puja felt lightness.

Satsang: 6.30 am to 7.30am

The surroundings were very quiet and calm. Some thoughts about sadhana were rushed out. Felt subtlest flow of the Master's grace throughout the satsang. For a few seconds felt a sudden jerk in the left part of the chest area. After satsang felt freshness.

Satsang: 12.00 noon to 12.40 pm

The surroundings were quiet and calm. Continuously thoughts about divinity were rushed out. Felt some kind of restlessness as awareness shifted from divine thought to body disturbances. But after satsang felt lightness in the heart.

Satsang: 6.30 pm to 7.30 pm

Continuously thoughts were rushed out, some about evening activities and some about BABUJI'S sayings. A few minutes felt the expansion of consciousness in the chest area. After satsang felt freshness.



Day 6: 30/12/22 Friday

Puja: 5.00 am to 6.05 am

Awareness runs after external noises for some time, after that awareness runs after the body feelings. Felt some vibrations in the heart then after throughout the body. After puja felt lightness and freshness in the heart.

Satsang: 6.30 am to 7.30am

The surroundings were very quiet and calm. Thoughts about sadhana and few about worldly duties were rushed out for some time. Felt subtle flow of vibrations in the chest area for some time. After satsang felt freshness in the heart.

Satsang: 12.00 noon to 12.30 p.m

Surroundings were quiet and calm. Thoughts about divinity were rushed out. Felt some kind of forgiveness as awareness shifted from divine thought to body disturbances. After satsang felt that time runs away very quickly in the satsang, then felt lightness in the heart.

Satsang: 6.30 pm to 7.30 pm

Continuously thoughts were vented out. Some about BABUJI'S sayings on Beggar's bowl, some about day activities, some about body disturbances. Felt some kind of hotness and subtler vibrations in the heart for a few minutes then calmness in the heart. After satsang felt freshness in the heart.

Day 7: 31/12/22 Saturday

Puja : 5.00 am to 6.05 am

First some part of time awareness runs after external noises. After that calmness settled and felt some kind of vacuum in the heart.

Satsang: 6.30 am to 7.30am.

The surroundings were very quiet and calm. Some worldly thoughts vented out now and then, rest of the time awareness on the divinity centered in the heart. After satsang felt freshness and lightness in the heart.

Satsang: 12.00 noon to 12.30 p.m

The surroundings were quiet and calm. Continuously thoughts about training program report and about my attitude during these seven days were rushed out. Felt some kind of restlessness as awareness not on the Master. After satsang felt freshness and lightness.

Satsang: 6.30 pm to 7.30 pm

The surroundings were quiet and calm. Continuously thoughts were rushed out. Some about co participants, some about food and some about Pujya LALAJI MAHARAJ and Pujya BABUJI MAJHARAJ. Some few drops of tears were came out from both eyes for a few minutes. Some thought on stilled lake and ocean vented out. But some blissfulness continued throughout the satsang. After satsang felt freshness and extreme lightness in the heart.

Day 8: 01/01/23 Sunday

Puja : 5.00 am to 5.45 am

Some awareness runs after external noises. But some part of time felt absorption and the flow of the Master's grace in the heart. After puja felt lightness.

Satsang: 6.30 am to 7.30 am

The surroundings were very quiet and calm. Some thoughts about sadhana were vented out. But felt calmness and some subtler flow of the Master's grace throughout the satsang. After satsang felt lightness and freshness in the heart.



